



# 2024-2025



## Fall Scrimmage / Game Chart

High School Fall Practice (Except Football\*) Starts: August 26, 2024

\*HS Football Starts – Saturday, August 19, 2024

Modified Fall Practice Starts: First Day of School (Sept. 4<sup>th</sup>)

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 <sup>st</sup> Possible HS Game/ Scrim.	Modified Maximum Contests	1 <sup>st</sup> Possible Modified Game/Scrim
<b>Cross Country</b>	Team 6; Ind. 6	16	9/2/2024	10	9/11/2024
<b>Field Hockey</b>	Team 6; Ind. 6	16	9/2/2024	12	9/11/2024
<b>Football</b>	Team 10; Ind. 10	10	8/30/2024	7	9/16/2024
<b>Soccer</b>	Team 6; Ind. 6	16	9/2/2024	12	9/11/2024
<b>Game Day Cheerleading</b>	Team 6; Ind. 6	12	9/2/2024	12	9/11/2024
<b>Swimming</b>	Team 6; Ind. 6	16	9/2/2024	14	N/A
<b>Tennis</b>	Team 6; Ind. 6	16	9/2/2024	14	N/A
<b>Volleyball</b>	Team 6; Ind. 6	20	9/2/2024	14	9/11/2024

## Winter Scrimmage / Game Chart

High School Winter Practice Starts: November 18<sup>th</sup>, 2024/ Modified Winter Practice Starts: November 25, 2024

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 <sup>st</sup> Possible HS Game/ Scrim.	Modified Maximum Contests	1 <sup>st</sup> Possible Modified Game/Scrim
<b>Basketball</b>	Team 6; Ind. 6	20	11/25/2024	14	12/2/2024
<b>Competition Cheerleading</b>	Team 6; Ind. 6	12	11/25/2024	12	12/2/2024
<b>Gymnastics</b>	Team 10; Ind. 10	16	11/29/2024	10	N/A
<b>Indoor Track</b>	Team 6; Ind. 6	16	11/25/2024	10	N/A
<b>Skiing</b>	Team 6; Ind. 6	16	11/25/2024	12	N/A
<b>Swimming</b>	Team 6; Ind. 6	16	11/25/2024	14	N/A
<b>Wrestling</b>	Team 10; Ind. 10	20 points	11/29/2024	14pts.	12/6/2024

## Spring Scrimmage / Game Chart

High School Spring Practice Starts: March 17<sup>th</sup>, 2025 / Modified Spring Practice Starts: March 24, 2025

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 <sup>st</sup> Possible HS Game/ Scrim.	Modified Maximum Contests	1 <sup>st</sup> Possible Modified Game/Scrim
<b>Baseball</b>	Team 10; Ind. 10	20	3/28/2025	14	4/4/2025
Baseball Battery	Team 10; Ind. 10				
<b>Golf</b>	Training	16	3/24/2025*	14	N/A
<b>Lacrosse</b>	Team 6; Ind. 6	16	3/24/2025	12	3/31/2025
<b>Softball</b>	Team 6; Ind. 6	20	3/24/2025	14	3/31/2025
<b>Tennis</b>	Team 6; Ind. 6	16	3/24/2025	14	N/A
<b>Flag Football</b>	Team 6; Ind. 6	16	3/24/2025	12	N/A
<b>Outdoor Track</b>	Team 6; Ind. 6	16	3/24/2025	10	3/31/2025

\*Golf - Assuming one week of Practices. NYSPHSAA Handbook states merely that practice sessions should precede first match./